# NELSON DISTRICT PARENTS CENTRE

newsletter april/may 2011

**new ideas:**

car seat safety
natural fertility
CBE training

**Mission statement**

Positive birth experiences and informed parenting in a community where parents are supported and highly valued in their role.

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# committee list and contacts

| | | |
|---|---|---|
| President | Sarah Parker | 546 7660 |
| Vice-president | Bev Melvin | 548 8241 |
| Treasurer | Tania Smith | 545 0964 |
| Secretary | Megan Gibbins | 547 4762 |
| Membership & Change of Address | Rachael Forsyth | 548 3509 |
| Newsletter Distributor | Rachael Forsyth | 548 3509 |
| Childbirth Education Coordinator | Sarah Parker | 546 7660 |
| Childbirth Educator | Jo Beekmeyer | 545 9559 |
| Childbirth Educator & Coordinator, Motueka | Raewyn Kaihe | (03) 528 9398 |
| Baby & You Coordinator | Bev Melvin | 548 8241 |
| Baby & You Facilitators | Zoe Peake | 545 6210 |
| | Jacqui Jones | 548 2387 |
| Moving & Munching Coordinator | Melissa Corlett | |
| Moving & Munching Facilitator | Wendy Whiting | 544 2480 |
| Moving & Munching Hostess | Alison Riding | |
| Taming your Toddler | Linda Rainbow | 544 9668 |
| Grants Officer | Caroline Hutchison | 544 9784 |
| Music Madness Team | Karen Lewis | 544 0418 |
| Newsletter Editor | Nicola Hill | 744 3118 |
| Librarian | Bec McEwan | 546 7676 |
| Website Coordinator | Bridget Hobden | 544 4588 |
| Committee Members | Sarah Gibbs | 021 247 6029 |
| | Cara Rangi | 547 4742 |
| | Andrea Delany | 547 4240 |
| Bottle feeding support | Jo Harvey | 547 3558 |

**Moving house or changing email?**

Please remember to update your details by contacting:
Rachael Forsyth 548 3509 rachael76@hotmail.com

NEW ZEALAND REGISTERED MAGAZINE

# from the president

Hi all

The last few weeks we have seen the best and the worst that human nature and Mother Nature has to offer and i don't know about all of you but it has been a roller coaster of a ride!

It makes you appreciate what we have and hopefully makes us realise that life generally isn't as bad as it could be!

Nelson Parents Centre has made donations to the Christchurch quake by way of purchasing 2 Pepi pods to keep babies safer whilst still keeping closer to Mum and Dad and we have also got all our Nanas knitting and donated lots of lovely new woolly singlet's to Nelson hospital as they were running low with all the influx of babies form Christchurch. You will see this article featured in the Nelson Leader on Thursday.

Hopefully all our Cantabrian neighbours will be back on their feet before we know it on their way back to former glory.

On a local front we have a Committee drive happening on the 13th of April at 10am at the Masonic Lodge rooms so if you fancy hearing about ways you can help us out come along for a cup of tea and have a chat to us. We would love to see you there!

Anyway till next time keep smiling and give those gorgeous babies of yours another wee cuddle!

Sarah ☺

Music Madness
A fun-filled session of music, action & dance with your little one!
Ph Karen 5440418
for more info
Where Masonic Lodge Rooms, Nile St
When Weds 9.30am (term time only)
Half hour music session followed by morning tea & coffee group
$2 donation

*Bring your child along to this unique music program for babies and pre-schoolers*

SINGING DANCING INSTRUMENTS
PROPS
EDUCATIONAL TIPS
HOME MATERIALS
LOTS OF FUN!!

Ruth Townsend (Licensed Kindermusik Educator)
03 540 2263 or 021 023 26361
musikboxnelson@hotmail.com
www.musikbox.co.nz
By musikbox

# childbirth education report

Our childbirth education courses are run by trained Childbirth Educators. The courses provide an opportunity to make new friends and form a coffee group.

Topics covered include

- Changes of pregnancy and expectations
- Stretching exercises and relaxation
- Coping with labour & how to help yourself
- Giving birth and unexpected outcomes
- Hospital visit
- Baby care
- Breastfeeding, lifestyle changes
- Car seat safety

**Course dates for 2011:**

Course 3: 19 Apr-31 May

Course 4: 7 Jun- 13 Jul

Course 5: 23 AUg - 4 Oct

Course 6: 18 Oct - 29 Nov

Contact: Sarah 546 7660 or parker@ts.co.nz


**NDPC FUNDRAISER**

**Purchase**

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**Products from**
**Nelson District Parents Centre**
**Cheaper than RRP (& no postage)**
**Bibs, Playmats, Sleeping Bags**
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**Check out www.sillybillyz.co.nz**
**for**
**full range of products & colours**
**To order contact Tania on 5450964**
**or casbag@xtra.co.nz**

# moving and munching

At the end of last year, we said farewell to Bridget, Jo and Linda. This year, we have a new team, Facilitator Wendy Whiting, Co-ordinator Melissa Corlett and Hostess Alison Riding and their beautiful babies, Caitlin, Lola and Bradley. Along with the speakers, Wendy, Melissa and Alison will be there to bring you lots of valuable information and useful tools and tips.

We had 11 enthusiastic mums and bubs for course one at the end of January. The following are the dates for the remaining courses for 2011:

Course 2: 31/3/11; 7/4/11; 14/4/11.
Course 3: 26/5/11; 2/6/11; 9/6/11.
Course 4: 21/7/11; 28/7/11; 4/8/11.
Course 5: 22/9/11; 29/9/11; 6/10/11.
Course 6: 17/11/11; 24/11/11; 1/12/11.

The courses are run over three sessions for parents and babies 4 months and over.

We aim to give information on child safety, introducing appropriate nutrition to babies, when to introduce solids, need for changes in textures, tastes and quantity of solids. We also have an interactive session where you will learn how to encourage the development of your baby's fine and gross motor skills by identifying age appropriate play and toys. Red Cross will provide appropriate teaching of CPR for your baby and general first aid.

To register you can email Melissa at: melissa.corlett@gmail.com. We look forward to seeing you there.

Wendy Whiting, Facilitator

Email: rhys.wendy@xtra.co.nz

**Did you know....**

Nelson District Parents Centre has a very good library available to borrow books and other resources from. Have a look next time when you are attending a course and choose a few to take home.

When you have finished, please return them to Bec McEwan, phone 546 7676. Pick-up can be arranged.

# baby and you report

The Baby and You course is for new Mums (Dads are welcome too) with their newborns. The course is held over six weeks on a Thursday from 10.30am – 12.30 pm at the Masonic Lodge in Nile Street.

Each week there is a different guest speaker covering a range of topics including:

- Sleeping and Feeding issues
- When to call the doctor
- Baby Massage
- Active movement for Baby
- Shutterbugs professional photographers also come to the first session to take photographs of the bubs (with parents if they wish)

The course provides a great opportunity to make new friends with Mum's going through the same issues at this early stage of parenthood and also gain valuable support from each other.

**Course dates for 2011:**

Course 2: 17 March - 21 April
Course 3: 12 May - 16 June
Course 4: 7 July - 11 August
Course 5: 1 Sep - 6 Oct
Course 6: 27 Oct - 1 Dec

Contact Bev Melvin, Ph 548 8241,
email: nelsonkiwi@hotmail.com

**Atawhai Playcentre**

invites families with children from birth to school age to **3 free visits** to our Playcentre during any of the following session times:

***Monday to Friday 9.15am-11.45am***
***Monday, Wednesday & Thursday 12.15pm-2.45pm***
(Limited places available on some sessions)

You are welcome to drop in anytime or give us a call.
Corder Park, Atawhai, Ph 545 0828

# taming your toddler

Course Dates for 2011:
Course 1 Tue 29 March & Tue 5 April
Course 2 Tue 28 June & Tue 5 July
Course 3 Tue 25 October & Tue 1 November

Taming Your Toddler workshop is a must do if you are living with a toddler or are about to head down that road. My daughter is just about to turn the big two so I am looking forward to picking up more tips on how to cope with those difficult moments that present themselves DAILY!

Brenda Holdaway (SKIP) always has lots of strategies to keep our little monkeys under control and manage challenging behaviour and situations.

Helen Durbridge (Nelson Kindergarten Association) speaks about play and how to keep our children stimulated and occupied at home.

This workshop is perfect for toddlers over 12 months but can be tailored to suit any age group. So come and join us and enjoy a wine, beer or cuppa plus a night out without the kids.

This is always a popular workshop so register early. All members and non-members are welcome to attend. For more information and bookings please contact Linda Rainbow at sevencolours@xtra.co.nz or 03 5449668.

# parents centre news

Our Music Madness director, Karen Lewis, needs someone to help out with the Wednesday Music Madness sessions in Term 2 (and hopefully regularly before and after) while she is on teaching placement. It is heaps of fun and the families who attend really enjoy the sessions. If you would like to help out, or you know someone who might - maybe an older person who would like to be involved - please contact Karen on 544 0418. It is easy and lots of fun for the littlies (and the grown-ups, too!).

We have recently purchased a large amount of children's books to donate to the Nelson Refugee and Migrant Centre.

An ongoing Nelson District Parents Centre project is knitting tiny wool vests and blankets for donation to the Neonatal Unit at Nelson Hospital. Contact Bev Melvin 548 8241 if you are keen to help. Any donations of old jerseys etc that can be unravelled for blanket wool would be greatly appreciated and can be given to Bridget Hobden, 544 4588 .

## Committee Drive

Have you enjoyed a Parents Centre course and think you might be interested in becoming more involved? It is lots of fun and there is the opportunity to do training courses and contribute to the community. We are currently looking people for several roles, including a website coordinator. Come along to our committee drive at the Masonic Lodge rooms, Nile St, on April 13 from 10.30am or contact Sarah Parker, 546 7660, to find out more.

my belly

THE LABEL FOR FASHION CONSCIOUS PREGNANT WOMEN

*NOW STOCKING AT ECOMOON, NELSON*

www.mybelly.co.nz

**CARE PACKAGES TO CHRISTCHURCH**

**DONATIONS OF ITEMS ARE BEING TAKEN AT ECOMOON 361A MAIN ROAD STOKE, NELSON TO BE SENT DOWN TO CHRISTCHURCH TO FAMILIES AFFECTED BY THE QUAKE.**

**THEY ARE PARTICULARLY SEEKING WATER, NAPPIES, STERILISING TABS, BLANKETS, TOYS, BABY FOOD, CLOTHES AND SHOES. ANYTHING NON-PERISHABLE, THOUGH ALL DONATIONS ARE GREATLY APPRECIATED.**

**ANY QUESTIONS PLEASE FEEL FREE TO CONTACT PRUE 03 546 9190 OR KEELA 03 547 9307**

**COLLECTION POINTS ARE AROUND THE COUNTRY ORGANISED BY LOUISE DEED – PH 0800 SCAMPS**

**Pēpi-pods for Christchurch babies**

We have donated two pēpi-pods for babies and parents affected by the Christchurch earthquake, through Change for our Children. Our committee is discussing the best way we might help Christchurch Parents Centre through further donations, as they have lost all resources and equipment.

Nelson District Parents Centre would like to say thank-you to BP for their generous donation of fuel vouchers for our volunteer committee members.

# Stork REPORT

CLASS FIVE 2010

POPPY DOROTHY YVONNE SHEEHAN
03.02.11
~ 6lb 14oz
Nicki van Asch &
Mark Sheehan

JACK PETER RUDHALL
18.12.10 ~ 5lb 15oz
Steve & Alice Rudhall

ERIN LINDA PHYLLIS MACKENZIE
06.11.10 ~ 6lb 1oz
Theresa Shepherd
& Duncan Mackenzie

JESSICA SUSANNE BRADLEY
15.11.10
~ 6lb 3oz
Richard &
Anna Bradley

ZOE CURTIS
9.11.10 ~ 8lb 1oz
Brent & Sally Curtis

ZAC RIMA MCCALL
13.12.10 ~ 7lb 6.5oz
Dan & Renée McCall

LEWIS ASHLEY FALLOWS
21.11.10 ~ 8lb 15oz
Rachel & Neil Fallows

ARCHIE JOSEPH MCNEILL
25.01.11 ~ 8lb 7oz
Fiona & Brad McNeill

FINN RILEY MORRIS
27.01.11 ~ 8lb 9oz
Shane & Tania Morris

LUKE JAMIE MACKENZIE
26.11.10 ~ 8lb 13oz
Stephanie Lemieux &
Anthony Lamb

# Stork REPORT

CLASS SIX 2010

HANNAH
TE RANGIMARIA OXNAM
10.02.2011 ~ 6lb 10oz
James & Maria Oxnam

MICHAELA LILLIAN AUDREY
WOODBURY
20.01.2011 ~ 9lb 14.5oz
Nicky & Craig Woodbury

ALEXANDER PELORUS CAIRNEY
22.01.2011 ~ 7lb 4oz
Annie Simpson & Dan Cairney

SCARLETT EVA FINCH
12.02.2011
~ 6lb 14oz
Chris & Sharon Finch

VIOLET RUSSELL
9.02.2011
~ 8lb 6oz
Kate & Sholto
Russell

TULA GRACE
CROWTHER
30.01.2011
~ 5lb 13oz
Beth Catley &
James Crowther

# top of the south regional meeting 18-20 feb - tania smith

Our top of the South Regional Meeting was held in Nelson on Friday 18th February. This is an opportunity for Marlborough, Greymouth and Nelson Parent Centres to report back to each other, compare notes, share ideas and problem solve. It's a great chance to pick each others brains and see how we can improve things within our own centres. This meeting we were lucky enough to have Joan Hay attend from head office in Wellington. Joan is Parent Centre's Centre Operations Manager.

Joan came down to Nelson for the weekend to run the Facilitator Training for the Conscious Parenting Programmes; Parenting With Purpose, (Parenting consciously to create a positive future for our children), and Magic Moments, (Communication for co-operation). Eleven of us attended the training from the 3 centres and spent the weekend learning about facilitating a group of people. We covered topics like "Role of Facilitator", "Skills & Qualities of a Facilitator", "Ice-breakers & Warm Up's", "Expectations & Setting The Scene", "Group Process", "Group Contracts", "The Professional Approach", "Communication", "Group Dynamics", "The Unexpected", "Role Play" and "Working With Resources".

It was a very full on weekend with lots of role play, stepping out of our comfort zones and pushing ourselves to overcome our lack of confidence and experience, and being nervous. I got a lot out of the weekend and surprised myself when it came to my turn to present one of the course modules, (although I had the help of Rescue Remedy on board to calm the nerves!). Four of us completed the training in Nelson and now we are hoping to be able to offer these 2 courses to our members later in the year. They are very valuable programmes and offer lots of ideas about handling parenting situations in different, more positive ways. They also help you to understand what kind of parent you want to be, what kind of future you want to create for your family, tuning in to your child and communication for co-operation. Highly recommended!


*Handy Feet-ures*

**Timeless Hand and Feet-ures for your wall**

*Your baby's youth is a precious and cherished part of their life that you'll never want to forget! Handy Feet-ures is the most original way to cherish your little one's lovely small proportions before they get any bigger.*

*We make 3D moulds for babies and toddlers that are beautifully displayed in box frames for a modern look and/or custom frames made right here in Nelson. Lovely to display and gushingly perfect to show your grandparents and friends, the Hand and Foot print baby picture fame eternalises your little one's youth forever.*

*A baby imprint is possibly one of the most beautiful baby memory keepsakes for a parent. Imprints a unique way to celebrate the moment.*

**The moment could soon be gone.**

**"A special experience for the whole family, creating a lasting impression"**

*Expo Special*
*For a Casting Framed $165.00*
*Expires 1st December 2010*
*Voucher must be presented on appointment*
*Contact Karyn, located in the Hospital area, Ph: 03 5458480 or 021 1298980*



SPACE

**Looking for babies... and their parents!**

SPACE is looking for babies aged 0-3 months to join our programmes.

SPACE is a three/four term programme for first time parents and their babies.
Weekly sessions include:

- opportunity to meet
- and get to know other new parents
- discussions on child development & parenting
- introduction to play
- rhymes, music, books

To find out where a SPACE programme is starting in your area, please contact:
Marie Lenihan
lenihans@xtra.co.nz
03 5452017

playcentre SPACE

**Aim of classes:**
To assist with regaining strength in pelvic floor muscles, muscle imbalances, maintaining good posture and balance, pelvis stability, to enable Mums to have some relaxation and time out and to assist in reduction of fatigue and backache. No over stretching due to post partum recovery. Time to reconnect with your body and complement to other methods of exercise, enhancement of functional fitness and ease of movement, and achieve improvement in balance, coordination and circulation

**Requirements**
All participants must be at least 10 weeks post partum and have clearance from midwife or obstetrician; which ever is applicable. All participants must start with beginners course irrespective of experience due to the changes the body has gone through during pregnancy and breast feeding. Baby Friendly if babies are there they will be incorporated where possible. Babies able to attend if rolling/ crawling depending on mothers' comfort level. Area for babies will be made in the middle of the class alternatively baby can stay close to Mum. Mums to bring their baby's gear and something to lie baby on the ground

**Courses available: Term One/Term Two 2011**
Location: Masonic Lodge Rooms, Nile Street, Nelson

| Dates | Day | Time | Registration by | Course |
|---|---|---|---|---|
| 15th March – 13th April | Tuesday (Last day Weds) | 6.30-7.30pm | 10th March | Beginners |
| | | 7.45-8.45pm | 10th March | Building on Beginners |
| | | | | |
| 17th March – 14th April | Thursday | 9.15-10.15am | 10th March | Beginners |
| | | 10.30-11.30am | 10th March | Building on Beginners |
| | | | | |
| 26th April – 24th May | Tuesday | 6.30-7.30pm | 15th April | Beginners |
| | | 7.45-8.45pm | 15th April | Building on Beginners |
| | | | | |
| 28th April – 26th May | Thursday | 9.15-10.15am | 15th April | Beginners |
| | | 10.30-11.30am | 15th April | Building on Beginners |
| | | | | |
| 21st June – 20th July | Tuesday | 6.30-7.30pm | 10th June | Beginners |
| | | 7.45-8.45pm | 10th June | Building on Beginners |
| | | | | |
| 21st June – 20th July | Thursday | 9.15-10.15am | 10th June | Beginners |
| | | 10.30-11.30am | 10th June | Building on Beginners |
| Intermediate Classes may be offered depending on demand in late April Courses | | | | |

- 5 week course (four courses being offered)
- 55min class (45mins Pilates, 10mins approx stretching)
- $10/session non parent centre members - Payment in full required prior to or on the first day
- $5/session parent centre members – Payment in full required prior to or on the first day
- Minimum 5 participants, maximum ten
- Private sessions available outside of the above (one on one or groups of friends)

Email Sarah Gibbs womble74@gmail.com or call 546 8238 for more information. Sarah is considering offering antenatal Pilates, please contact her if you might be interested.

# natural conception and contraception solutions - kathy houghton

Do you want to optimize your chances of conceiving a baby naturally? 1 in 5 NZ couples are believed to have difficulties **conceiving**.

Do you want to use a hormone & barrier free, natural **contraception** with confidence?

There is a healthy, natural and drug free answer!

As a Natural Fertility NZ Educator I am offering a **new service for our Nelson/Tasman community**, based in central Nelson. The Sympto-Thermal Method (STM) teaches you how to observe your own body, understand its changes and know when you are fertile or not. Approximately 50% of women use this knowledge to increase their chances of conception and 50% use it as a natural form of contraception.

Did you know that a study of women attending a NZ fertility clinic showed that 74% of women had an inadequate understanding of their fertility? Furthermore, only 15% were consciously and accurately timing intercourse to maximize **conception.** More recently studies in Canada and the United Kingdom have strongly recommended that more information on fertility be made available to individuals and couples.

By learning to recognize when you are most fertile, the STM will increase your chances of conceiving naturally. For some women it is empowering to understand their fertility more fully and for others the information gained is valuable before, during or after any other fertility investigations are done.

Used as a natural form of **contraception** The Sympto-Thermal Method is a modern technique, scientifically proven to be at least 98% effective when taught by an Accredited Educator (as “safe” as the mini pill). Recent research in Germany 2007 shows an effectiveness of 99.4%. This is not the Rhythm or Billings methods. STM can be used by women at any stage of their reproductive life – pre or post children, post contraceptive pill or Depo Provera and perimenopausal women. Breastfeeding women can also use the “LAM” and Breastfeeding charting method taught which are at least 98% effective.

STM is taught in a private clinic setting over 3 sessions, with follow up contact for one year.

The methods taught by Natural Fertility NZ accredited Educators are compatible with NZ Ministry of Health and World Health Organization recommendations.

Natural Conception or Contraception – It’s your choice.

**Scientifically based.**

**Drug free.**

**Reliable fertility management for motivated clients.**

As a NFNZ Educator I am continually updated with the latest research by our Medical and Scientific Advisory Board and Clinical Supervisor as well as undergoing continuing education and clinical audits.

For any queries please contact Kathy Houghton your Nelson Fertility Educator.

Phone 539 0644

Mobile 021 025 43393

kathyh@naturalfertility.co.nz

Or further information can be found on our website www.naturalfertility.co.nz

# Are you looking for a new career opportunity?

## … and are you passionate about quality childbirth education?

## A career in Childbirth Education could be for you!

Parents Centres, in partnership with Aoraki Polytechinic and Te Puni Kokiri, are proud to be offering ten scholarships in childbirth education (each with a net value of $4,100.)
The scholarships will be awarded to complete the Diploma in Childbirth Education (Level 5) jointly run by Aoraki Polytechnic and Parents Centres New Zealand Inc. The programme is part-time and delivered through a distance learning initiative. This can be completed from any location in the country, and it is our expectation that the successful scholarship recipients will complete the programme within 2 years.
Parents Centres New Zealand Inc will be administering all ten scholarships, a minimum of seven of which will be awarded to Maori applicants. It is our intention to increase the pool of qualified Maori Childbirth Educators and assist in making a tangible difference to the health outcomes for Maori and their whanau.

### To Apply:

Go to www.parentscentre.org.nz and download an application form; or email e.hibberd@parentscentre.org.nz for an information pack.
Applications must be received by 30th April 2011 (the programme for all ten scholarships will run from July 2011) and the successful applicant will need to be available to commence study in this intake.

### The Diploma

The Diploma in Childbirth Education gives students a comprehensive understanding of the physiological, psychological and anatomical components of pregnancy, labour and birth and the postnatal period. A key module of the course is the development of facilitation skills in order to share information and assist in informed decision making of course participants.

For further information contact Nelson District Parents Centre on nelson.d@parentscentre.org.nz or 0800 1 4 BABY

# car seat safety - laura hall

## Place in the car

One of the first big decisions we make for our children before they come home from hospital is what position to put their car seat in the car. I get asked this very frequently so wanted to share the information with the wonderful Parents Centre members.

For years people have been placing their first born child behind the passenger seat and I'm here to change your thinking on that. In a 5 seater vehicle the safest place for a child in a rear facing or convertible child restraint is centre back. This position provides the most protection from impact to any part of the vehicle and also is able to use the lap belt if your vehicle has one. Centre back is the safest position for any child so long as the child isn't using a lap belt only in the case of a booster aged child. Lap belts offer little protection to anyone and can cause severe internal injuries if used on their own, Seat-belt injuries as medical professionals refer to them are caused when there is a frontal or frontal offset collision and the upper body is thrown forward causing the lap belt to ride up onto the soft abdomen and crush internal organs. Use of a lap belt only on a child can sometimes cause cause them to submarine in the seat belt which means they slide under it and are thrown our of the car. This was the case with a child who died over Easter weekend this year in New Zealand.

So what do you do if you have more than one child or you can't get a good car seat install in the centre? The second safest place for a child is behind the driver, but you have always been told to put them behind the passenger, I hear you say. According to the New Zealand specific crash data only 2.8% of fatal injuries are distributed to the driver side of the vehicle where as 61% are to the passenger side. The reason people recommend you put your child on the passenger side has to do with when the vehicle is stationary and you are removing them, as you would be taking your child out on the side walk side of the car rather than out in the line of traffic. So how can we safely remove a child from the vehicle if they are on the drivers side? I have a 3.5yr old in this position and a 18mth old in the centre (both still in rear-facing car seats) and when needing to get my children out of the car in the line of traffic I just walk around to the passenger side and reach into the car, undoing the harnesses and

Children need time for play in natural environments
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removing both children
from the passenger side. I have control of how my child is removed
from the vehicle but i have no control over the 61% of fatal collisions that happen to the passenger side of the vehicle.

So what if you have 3 children, my rule is the most vulnerable child
goes in the safest spot then I move out from there. You can also take into account what type of child restraint they are in in order to keep all children as safe as possible. If you have a people mover with 7 or more seats then I recommend to use up the back seats before putting a child directly behind the passenger as out of
the 61% only 3.6% of fatal injuries happen to the rear passenger corner.

**Nelson District Parents Centre is hoping to sponsor a visit to Nelson by Laura Hall to speak on carseat safety - watch your email and community papers for details.**


# In-Home Educators Needed!

## Experience the benefits of becoming a PORSE Educator

- PlaySchools and outings with the children in your care
- Workshops and other events with other educators
- Free enrolment for National Certificate in Early Childhood Education & Care (Level 3).

**If you consider yourself motivated and nurturing, we'd love to talk to you today!**

PORSE

In-Home Childcare & Educator Training

**PORSE Nelson Ph 545 9228 www.PORSE.co.nz**

CanCare Trust
Canterbury Carseat and Restraint Education
*For the protection of children and the education of parents*

Laura Hall
0276323122
cancare@gmail.com

## CAR SEAT SAFETY TIPS

- All cars are different – ensure the car seat you are renting, borrowing or buying fits securely into your vehicle
- If borrowing a car seat or buying second hand, always have it safety checked for age, damage to the plastic, fraying of harness, cracked buckles etc. If no instruction booklet is provided, always have a trained professional show you how to correctly install it.
- If seats in vehicle are sloped, use a tightly rolled-up towel to prop up under front of infant car seat to ensure a firm fit.
- A locking clip must be used if using a three point belt that does not have a pre crash locking feature at the retractor.
- Never put a rear-facing car seat in the front seat if the vehicle has airbags fitted (unless they can be deactivated)
- Make sure harness fits snugly– there should be no more then one finger width of slack between the collar bone and the shoulder harness strap.
- If your seat is equipped with a chest piece, or “chest clip” this must be placed between the armpits of the child. Never up on the neck and never on the belly.
- Never buy a car seat “on the spot” it’s far too easy to be hasty and make a quick decision. Have a look then go away and think about it, ask questions and research.
- Car seats have limited life spans, some as little as 5, 6 or 7 years and some as much as 10 years. Reasons for this can be the degradation of the materials, the plastic weakening and becoming more pliable or more brittle also because safety standards change and improve so older seats might not have the safety and convenience features that newer seats have. Life spans start from the date the seat was manufactured, not when it was bought
- It is five times safer for a baby to face rearwards than forwards – ensure your baby is kept rear facing until at least one year of age. Many convertible car seats allow for rear facing until 12-13.5 kg but some only 9 kg (some babies reach 9 kg as early as 6-8 months of age) – always bear this in mind when upgrading from an infant seat.
- When purchasing a car seat always ensure you are shown how to install the seat. If car seat is fitted with a tether strap it must be used. Though some seats require the tether to be used when both rearward facing and forward facing, some seats only require it for forward facing. Read your user manual.

***If you need any further advice or information, please do not hesitate to contact***

***For more information visit: www.childrestraintsafety.com***

Please remember that no matter where you get your seat from I will be more then happy to have you arrange an appointment for me to check the installation free of charge.

# Baby Space

CARE & LEARNING AT YOUR BABY'S PACE

Babies & Toddlers
6 Months - 3 Years

Now taking bookings for 2011

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544-1106

www.babyspacenelson.co.nz

Mon-Fri 8am-5pm
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**Children's birthday parties made easy**

A child's birthday is a day to celebrate their life. As parents we may like to mark the occasion with food, games, family and friends. But birthday celebrations can end up being expensive and stressful.
We can get caught up in a competitive spiral, to match other children's parties' and do better each year. Young children need very little to make them feel special. They will follow the lead of their parents.

Here are some tips to keep these special occasions fun for everyone:

- Invite as many guests as the age of the child, e.g. One guest for a one year old, two for a two year old, etc
- Make it short and sweet. Arrange for parents to drop off pick up children at a certain time
- Ask some adults or older children to help at an older child's party
- Provide simple healthy food. Put out savoury food first and sweet treats when the children are satisfied.
- Ask that presents be kept to a price limit. Other parents will thank you and can do the same for their child's party
- Plan some simple games appropriate for age. Playing a game is fun in itself without prizes
- Make some craft or cook food together as a party activity
- Paper goodie bags filled with a balloon, a picture, some crayons and some homemade sweets
- Keep the cake simple

With older children be adventurous!

- The party could be a picnic at the park or pool, a fossil hunt in the hills, a treasure hunt in a garden.
- You could also set up a tent in your yard and have a daytime camping party

Time and presence are better than stress, money and presents. Don't get tied into competition to be the "best" parents. Plan to keep things low cost and simple. Your child's birthday can be special, unique and fun. And you will be relaxed and have more energy to enjoy the occasion.

**Nelson Budget Service**
**If you need help with your personal finances, come and see us. We are a free, confidential service Ph 5469021.**

# garden tips - linda rainbow

## March

**Vegetable Garden:**

Prepare the garden for winter crops.
Apply a dressing of general garden fertilizer.
Plant vacant areas in a green crop such as mustard, lupins, oats.
Harvest onions, garlic, shallots, store and dry.
Spray late maturing vegetables to control caterpillars.
Sow broad beans, onions, leeks, carrots, swedes, spinach, cabbage and lettuce.

**Fruit Trees:**

Pick and store apples and pears as they ripen.
Remove old fruiting canes or rods from loganberries and raspberries.
Thin inside growth on gooseberries and currants.
Try summer pruning of peaches and nectarines to help prevent spread of leaf curl.
Treat pruning cuts with pruning paste (can use vaseline)
Spray weeds from around the base of trees.

**Lawns:**

Over sow old lawns and prepare and sow new lawns. Sow at 30 grams per square metre.

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Curves Nelson City
243a Trafalgar Street
(Above Taylors Shoes)

Apply superphosphate at sowing time to improve root growth.
Look for the new generation fine dwarf rye grasses which are much more drought tolerant.

## April

**Vegetable Garden:**

Dig potatoes, dry and store in a cool place. Best in sacks to prevent daylight turning the tubers green.
Sow broad beans, broccoli, cabbage, Chinese cabbage, carrots, kohl rabi, lettuce, onion, parsely, radish, silverbeet, spinach, swede and turnips.
Plant broccoli, cauliflower and cabbage for winter use.
Apply general garden fertilizer to promote growth, including liquid food for rapid response.
Raising beds by building up with compost improves drainage in the winter.
Sow vacant areas with a green crop such as lupins, peas, mustard or oats.
Prepare the ground for strawberries.

**Fruit Trees:**

Gather and harvest fruit for storage as it matures.
If silverleaf is a problem prune trees while the weather is fine.
Spray champion copper or copper oxychloride as leaves fall.

**Lawns:**

Sow new lawn areas at 30 grams per square metre.
Apply supershosphate when sowing seed.
Apply lawn fertilizer to existing lawns.
Spray with lawn weed sprays to control flat weeds.

**General Tip:**

Autumn is a good planting time to gain growth before winter while soil temperatures are still warm.

## Companion Planting Tips

**Apples:**

Apple trees are happier when grass is kept away from their growing area. Grass roots have a breath which shrivels the tender root-tips of the tree.
Clumps of chives grown around apple trees inhibit the formation of apple scab. If you have apple scab, spray with a tea made from chives or horsetail.
Foxgloves grown around or beneath apple trees both look pleasant and impart vitality and the strength to resist disease to all plants growing nearby. The keeping quality of apples grown on trees with foxgloves in the vicinity is improved. The foxglove is an extraordinary plant and seems unfair that, after all the benefits it gives us the flower should have been chosen to represent the emotion ‘insincerity’.
The sweet scented wallflower and the apple tree do all the better for growing near each other. The potato is much more likely to go down with Phytophtora blight if you plant apples near the potato patch.
The distinctive smell noticed when apples are being stored is from the ethylene gas they give off. Keep carrots and potatoes well away from them or the carrots will turn bitter and the potatoes become tasteless and start to rot.

**Cabbages:**

Cabbages grow well in the company of beans, beetroot, celery, mint, thyme, sage, rosemary, dill, onions and potatoes. Cabbages do not grow well near strawberries or tomatoes. The strawberries and tomatoes do not flourish either.
Don’t grow cabbages in the same place two years running, they will be susceptible to club-root the second year.
Don’t grow the herb rue anywhere near cabbages; they hate the bitter exhalation from its leaves and the excretions given off by its roots.

The cabbage white butterfly looks pretty as is flickers over the garden; the trick is to dissuade it from settling on your cabbages and laying its eggs on them. It does not like the scents from sage, rosemary, hyssop, thyme, dill, southernwood, mint, and chamomile. A border of one of these herbs will help to keep it away; a mixed border will do even better.
Aphids don't like orange coloured nasturtiums which can look very attractive grown between and around cabbage plants.
Aphids do like yellow nasturtiums. For some mysterious reason they find the colour yellow pleasing and will congregate on the plants. If you grow a few nearby they will act as a lure and give you the chance to eliminate the pests in large numbers.
Tansy will repel both the cabbage-worm and the cut-worm. Short sticks of rhubarb buried here and there throughout the cabbage patch will help to protect the plants against club-root. Strips of tarred twine or underfelt stretched between the rows and twists of tinfoil around cabbage roots will inhibit the growth of cabbage-fly larvae.
Few insects like bone-meal. A scattering over the plants and between the rows will send them elsewhere.
If cabbages show signs of mildew a light spray with methylated spirits will help.

**Herb Teas:**

A good general recipe for the preparation of herb 'teas' for spraying purposes is to cover the selected amount of herbs with water, bring it to the boil, hold it for a minute or two, then remove from heat and strain the water off. Dilute the tea with 4 times the amount of water and use at once. The sludgy mess can be added to the compost. The younger leaves of the plant are the best ones to use. Once a plant has blossomed the leaves have lost strength. Some herbs require a different treatment and the recipes will be found under their individual heading.

**Help My Child Won't Eat…**

The subject of picky eaters is always a hot topic of discussion when I talk to parent groups about healthy food for children. It seems gone are the days of tough love where children ate what was put in front of them or went hungry. A stern faced father put it perfectly at a talk recently, 'Until my son is paying for the food, we decide what he eats'. Though, he did go on to tell us about his oldest son who refused to eat meat for his first 3 years. They continued to offer meat with every meal and encourage him to try some but never made a fuss when he didn't. Then during one dinner sitting their son simply started eating meat and has continued to this day. This is an example of gentle persistence while also accepting a child's choice.

For whatever reason some children just refuse to eat a certain food or food group. The most popular foods to get a turned up nose include vegetables, fruit, meat and dairy products. Hiding by grating or pureeing is one way to sneak the offending food into children but you can't always trick these intelligent little beings. They can sniff out the unwanted food in anything and will put their foot down. If children are eating a good variety of food then sometimes acceptance is the best action while focusing on providing the key nutrients from other sources.


## Paula's Tiny Tots

**89 Parkers Road**
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www.paulaspreschool.co.nz

Are you looking for a nursery for your precious little one ? Paula's Tiny Tots is the smallest under 2 centre in Nelson. We cater exclusively for 12 children. The centre is homely, bright and spacious. It has a fabulous outdoor area for little ones to explore.

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*Fruit & Vegetables*
Vegetables are the most commonly disliked food of young children. The rule of thumb for fruit and vegetables intake is a minimum of 3 vegetables servings and 2 fruit servings a day (a serving size is roughly the size of an individual's palm). If your child is eating a variety of vegetables but avoiding fruit this is OK as vegetables can provide everything fruit can. Not eating vegetables is more of a concern. If there are several vegetables your child likes such as carrots and celery then stock up on these and continue to offer other vegetables regularly. The main nutrient concerns with lack of vegetables in the diet include vitamin C which is abundant in raw fruit and vegetables as well as phyto-nutrients which are only found in plant foods. These super plant nutrients give fruit and vegetables their vibrant colours, flavours and odours. If your child is not consuming a variety of vegetables and fruit then looking into a children's multi vitamin may be necessary until their eating patterns change. Talk to a health professional for advice on the best supplement.

*Meat*
Often it is the tough texture which is a deterrent for children when it comes to meat. They may have had a bad experience with being unable to chew a piece of meat properly. In this case pureeing meat can be helpful and using in lasagnas or Bolognese sauce. Occasionally a child refuses meat out right like the young boy from the story earlier. This will usually pass, but for whatever reason they don't want to eat meat at this time. Continuing to offer it is important but until they change their mind you need to be aware of several key nutrients which can become deficient if meat is not part of the regular diet. Namely protein and iron, both of these nutrients are available from vegetable sources but require a little more attention to get a good supply. Iron is available in green vegetables, whole grains and legumes (beans). To efficiently absorb vegetable sourced iron (non-heme iron) it is necessary to combine with vitamin C rich foods i.e. serve a fresh salad with beans.
Protein can be obtained from fish (some children who don't like meat may still eat fish), eggs and dairy products. Vegetable sources of protein include legumes, nuts and seeds.

*Dairy Products*
If your child won't eat dairy products this maybe because of an allergy or they simply don't like the taste or texture. If you are concerned your child has a dairy allergy talk to a health professional for a proper diagnosis. If this is positive, complete avoidance of dairy products maybe necessary for your child's first few years. Some children outgrow allergies around 3 - 4, so you can try reintroducing dairy at this age if desired watching carefully for any reaction.

As long as children who don't eat dairy products are eating meat, fish and eggs they will be getting plenty of protein for their growing bodies. As we all know dairy is also a good source of calcium. When a child doesn't eat dairy many parents become concerned about calcium intake. Luckily, dairy is not the only source of calcium. Green vegetables such as broccoli, and whole grains, legumes, nuts and seeds all contain calcium as well as magnesium which works alongside calcium in the body for bone development.

While accommodating to your child's food preferences the key is to continue to offer the food in question. You can try cooking or presenting in different ways, serving with a favourite food or carefully disguising in meals. As the story earlier implies when children are ready they will come to the party. Where possible not making an issue of food reduces stress for you as a parent and gives your child space to try food when they feel ready.

**Tips for picky eaters**

- If your child refuses to eat something even after some encouragement, don't force this issue but instead take it away. It is important that eating does not become a power struggle between parent and child. A child who is forced to eat a food may also develop a negative feeling about that food and about mealtimes in general.
- Accept when a child says she has had enough. If she is forced to eat past the feeling of being full, she may find it hard to recognise this feeling later on in life, something that could lead to over eating.
- Be careful not to discriminate between foods like vegetables that have to be eaten and 'treats' like ice cream which are given as rewards. This may encourage children to hold treats in higher regard than healthy fruit and vegetables
- Give children choices, such as 'Would you like a carrot or celery stick?' This makes them feel in control of their food choices and avoids the negative responses that may result whether they like a food or not.
- If food is refused, do not offer an alternative. This puts you in control and means that your child will learn to accept the food he is given. If you offer an alternative when he doesn't eat up, he will soon learn to take advantage this.
- Gently encourage to try a mouthful of everything on her plate, giving praise for the food she has eaten even if it is just a small amount.
- Do not offer a dessert or a treat should your child eat all his food and then give it even if he doesn't. If you do so he will soon learn to leave the healthy food, knowing a dessert is on the way regardless.
- Sit down and eat with your child so they can learn by imitation. Be a good role model and eat plenty of fresh fruit and vegetables yourself

Excerpt from 'Cooking for your Child' by Nicola Galloway.

## noticeboard

migym Nelson (Buxton Square) have a supervised childrens play area Mon-Fri 9:30am-11:30am, 'miKids' where Denise will look after a maximum of 8 children under 5yrs for no extra charge while Mums and Dads workout in the gym, either doing their own workout or taking part in a group fitness class. Contact migyn for a voucher for a free trial.

Check out our website: http://www.parentscentre.org.nz/nelson/index.asp for details of courses and other activities going on for Nelson District Parents Centre

State Cinema have a 'MUMS & BUBS Movie Morning' on the first WED of every month at State Cinemas. The lights are kept up slightly and the volume is slightly reduced. If you let them know your email, they will send info each month about this. See the website for details -http://www.statecinemas.co.nz/

**Baby-wearing - Heather Berger for kari-me.co.nz**

My name is Heather Berger and I am a mother of five. We have been importing the Kari-Me baby wrap sling from the UK for a few months now. We believe attachment parenting and baby wearing promotes the well-being and development of the child. I believe the Kari-Me is the best sling for this and I know from this from personal experience. You can see more about this at www.Kari-Me.co.nz.

Recently whilst perusing all the benefits of baby-wearing, I noticed a claim that it reduces Sudden Infant Death Syndrome (SIDS) also known as cot death. SIDS is the term coined for when a baby dies suddenly whilst sleeping, and the cause of death seems indeterminable. SIDS has been recognized since 1855 and due to the apparent randomness of death, many factors have been blamed from brain defect to overheating.

Most research seems to be pointing to psychological and physiological stress levels for which babies are not sufficiently developed. Dr. Vera Schreibner Ph.D. and her husband and research partner Leif Karlsson designed breathing monitors to study infant breathing patterns and ultimately SIDS. They discovered that babies who have died from SIDS have the same post-mortem tell-tales which are all consistent with symptoms of non-specific stress syndrome.

Dr. Sears suggests that SIDS infants are less able to control their physiological and biological conditions. In other words, their temperaments are less able to handle the stress of their environment. Dr. Sears and other researchers such as Jean Liedloff have maintained that babies who have strong attachment to their parents are more “physiologically organized”.

“Clearly, the continued presence of a nurturing mother is important for the infant's physiological and emotional well-being. A secure mother-infant attachment helps an infant's physiological systems work better. Attachment organizes a baby's overall physiological systems; separation disorganizes them. And a baby with a disorganized physiology or disorganized biorhythms can be at increased risk of SIDS,” says Dr. Sears in his article *4 Ways Attachment Parenting Can Reduce the Risk of SIDS*.

“I conclude that the infant has more "free time" to divert that energy that would have been wasted worrying and fussing into thriving. To thrive means more than just growing bigger; it means an infant grows to her fullest potential, physically, intellectually, and physiologically.”

Wearing your baby in a safe, secure and ergonomic baby carrier is a primary way to build the attachment bonds. Baby learns how to control their body by mimicking yours. Your regular rhythms help regulate theirs. They are in a quiet alert state which has been noted as key for development. Communication is at is maximum as you are aware of your baby’s needs almost instantly and can respond instantly lowering stress levels. Babies cry less and are happier making happier parents and creating strong familial bonds.

I do recommend you research it yourself; here are some links to get you started:
http://www.askdrsears.com/html/10/T131000.asp
http://www.kari-me.co.nz/why-carry.html
http://www.whale.to/vaccines/cot_death.html

Heather Berger

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## Other Organisations Supporting Parents:

**Barnardos** – (Kidstart) Home Based Care & Learning.....0800 KIDSTART (543 782)
**Barnardos** – Family Support, Parent Education and More.....539 0019
**Baby on the Move** – Car Seat and baby equipment hire or purchase.....0800 222 966
**Health Line**.....0800 611 116
Immediate information & advice from Registered Nurses.
**Nelson Multiple Births Association**.....Neolina Strange 543 2530 or 548 5559
**Parents As First Teachers**.....545 7094
Educational Support for families with children 0-3years
**Parent to Parent**.....546 8973
Support and information for parents of children with special needs.
**Parent Help** – 24 hour support line.....0800 568 856
**Pepsicles** - Postnatal Home Help.....0508 737 742
**PORSE** – IN-Home Childcare and Educator Training..... 545 9228
**Postnatal Depression Support Group**.....548 3555
**Cot Death (SIDS)** - Parent to Parent 24 hour Helpline.....0800 164 455
**Salvation Army** – Family Care Centre.....548 4770
**Sands** – Stillborn And Newborn Death Society.....Angela 544 4904 or Martine 545 7374
**Young Women's Support Group**.....546 8441
**Relationship Services**.....0800 RELATE (735 283)
**Stopping Violence Services Nelson**.....548 3850

## Breast feeding Support:

**La Leche League** – Offers support and advice on breastfeeding.....Ruth Brodbeck 546 9029
www.lalecheleague.org
**Lactation Consultants** .....546 1437 or 027 670 0100
Margaret Derry is available through the Breastfeeding Clinic at the Lactation Clinic Office, Maternity, Level 3 Nelson Hospital. Tuesday Afternoons & Thursdays all day. By Appointment only
**Breast Pump Hire**.....Margaret 547 8059
Electric breast pump hire from a Lactation Consultant.

## Men's Support Services:

**The Male Room** .....Phillip 5480403 or 027 261 8278
28 St Vincent St, Nelson Open: Wed Afternoons, Thursday's & Friday's. Informal, open and relaxed. Also books and videos to borrow at no cost. One-to-one meetings for practical advice on a range of men's & Dad's issues.
www.fatherandchild.org.nz
www.menz.org.nz
www.relate.org.nz

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## DISCOUNTS AVAILABLE TO PARENTS CENTRE MEMBERS

**(on presentation of your current membership card when getting a quote, ordering or purchasing)**

**BABY ON THE MOVE**
10% discount on all hires

**BIKE HQ**
10% off bike parts, baby bike seats & accessories (excl. sale items)

**CHIPMUNKS www.myfundraising.co.nz**
See the website for details of the Chipmunks NZ Non Profit Organisation Fundraiser (purchases via website will directly benefit Parents Centre)

**ECO MOON**
10% discount on nearly all items in store and online

**ESPRESSO GARDEN CAFÉ**
10% discount

**HAMISH.FLETCHER LAWYERS**
FREE Wills, 10% discount on family trusts & residential conveyancing (excl. GST & Disbursements)

**HAVEN PLEASURE BOATS**
20% off infants & children's life jackets

**LIQUID CAFÉ & BAR**
2 Cosmopolitan cocktails for $10
Any large kiwi-style pizza plus 2 Tap beers or house wines for $30 (value $41) before 7pm
$5 Tap & bottle beers & house wines every Friday 4-6pm

**PEPSICLES**
FREE postage on happy hire kits containing NZ made Honey Child nappies
please quote "Nelson District Parents Centre discount" in the subject line when emailing order)

**PHOENIX TRADING—Victoria Goode**
**Ph: 545 7171 goodcards@vodafone.co.nz**
**www.phoenix-trading.com.au/web/victoriagoode**
I will donate 10% of your order to Parents Centre, plus host a few friends for a "coffee n 'Cards" party and receive 20% discount on your order, plus free gift & free delivery, plus all future card purchases at just $3.60!

**RESENE COLOUR SHOP**
20% off wallpaper & paint (excl. 10L & test pots)
10% off accessories & brushes

**SILLY BILLYZ PRODUCTS—**
**www.sillybillyz.co.nz**
**Tania Ph: 545 0964 casbag@xtra.co.nz BUY CHEAPER THAN THE RRP**
Bibs, overalls, playmats carseat liners, buggy sleeping bags, waterproof pants, cups & bowls. Check out all the products online, or contact Tania

**STOKE CYCLE CENTRE**
10% off bike seat restraints & helmets (excl.sale items) 15% off Pedigree Sports Buggys

**VILLAGE CYCLES**
15% off Retail price of Mountain Buggys, helmets & children's accessories (conditions apply)

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10% off upholstery (great range of fabrics available)

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